



STAR WELLNESS

LA COUNTY SHERIFF'S DEPARTMENT JANUARY 2010



LASD Employee Wellness Program Hits the Road in 2010!

Health and wellness seminars are now available to all units.

Are you interested in learning more about health and wellness, but can't seem to find the time to attend the Wellness Topic of the Month Seminars? Well, now is your chance to catch up on all of your health information! Requesting a health and wellness presentation is easy! If you and your peers are interested in hosting a health and wellness presentation at your facility, please have your unit Wellness Coordinator complete and forward a *Wellness Presentation Request Form* to the Wellness Manager, Angelica Haro. This form can be found on the wellness intranet site at <http://intranet/intranet/sites/Rmb/Safety/Wellness/Documents/WellnessPresentationRequestForm.pdf>

To better serve you and your team, the following questions are included on the request form:

1. What health topic are you interested in?
 - Cholesterol Diabetes Heart Health
 - Nutrition Physical Activity Stress Management Other _____
2. How many employees will attend? (*10 person minimum please)
3. Do you have a conference room or other space available for the presentation?
4. What date and time work best?
5. Would you like the presentation presented on Power Point? If yes, do you have a laptop and projector available?

Take advantage of the traveling wellness seminars! The LASD Employee Wellness Team looks forward to visiting your facility!

Wellness Topic of the Month Seminars

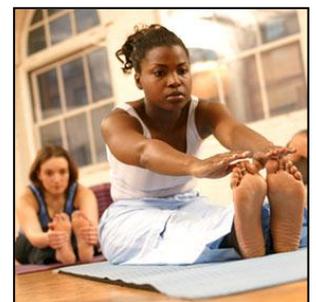
Weight Management

Wednesday, January 20th, 12:00pm-1:00pm
LASD Headquarters, Media Conference Room



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Work it!

Take control of your health and join the gym today! All Los Angeles County Sheriff Employees get a discount at the following gyms:

The Claremont Club
(909) 625-6791
www.claremontclub.com

LA FITNESS
(800) LAFITNESS
www.LAFitness.com

24 Hour Fitness
(800) 204-2400
www.24hourfitness.com

For more information, please contact Lorena Flores at (626) 300-3160 or via email at lflores@lasd.org.



Discovery Unit employees enjoy their new wellness lounge.



Active
for **LIFE**



January 19th thru
March 30th

Active for Life is an American Cancer Society employee wellness program. This 10-week program encourages employees to be more active on a regular basis by setting individual goals.

This program has helped several of our employees get active, so we will be starting the program once again! Don't miss out! Although no incentives will be provided by Cigna this time around, we encourage you to participate in this program for your health's sake!

Contact your unit Employee Wellness Coordinator or Angelica Haro at (323) 890-5002 or a2haro@lasd.org to join.

Discovery Unit Adds an Employee Retreat to their Work Area

Lt. Judy Gerhardt thought long and hard before getting her team a holiday gift this year. She knew she wanted to give her team something that could help them every day. What did she give them? Lt. Gerhardt developed an employee retreat, a wellness corner if you will. She cleaned out an office, painted it, hung artwork by Van Gogh, purchased a leather (or pleather) futon, and added a basket of fleece throws. She even included a small water fountain to help promote mental health. Her employees were thrilled about their gift! Now, they have an opportunity to take their breaks in a relaxing and comfortable place. Get creative! Incorporate health and wellness into your work environment.



Stress Management Campaign

January 11th marks the start date of the six-week Anthem Blue Cross Stress Management Campaign.

6 Weeks to better health

- Week 1: What is Stress?
- Week 2: Work/Life Balance and Stress
- Week 3: Stress in the Workplace
- Week 4: Exercise
- Week 5: Nutrition
- Week 6: Goal Setting



This program is available to all employees. For more information please talk with your Wellness Coordinator or log on to www.anthem.com/ca/countyoflasangeles.com on January 11th.



Risk Management Bureau
Safety Management Unit
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If you have any questions or comments, please contact Angelica Haro at (323) 890-5002 or via email at a2haro@lasd.org.

If you have any dietary questions, please contact Lillian Saldaña at (213) 974-4750 or via email at lsaldan@lasd.org.